

Workshop and District u3a

NEWSLETTER – OCTOBER

2026

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**Please send contributions for the
NOVEMBER Newsletter to:**
sheilamassey123@btinternet.com
By 31st October

COMMITTEE

November 2025 – November 2026

Officers

CHAIR

Alison Morton

Vice-chair

Chris Coldwell

Business Secretary

Linda Butterfield

Treasurer

Liz Short

Members

Membership Secretary Shirley Parkin

Minuting Secretary Claire Culpan

Speaker Finder John Dixon

Accessibility Officer Carol Bower

Groups Coordinator Steve Dobson

Nigel Carpino

Vin Hooton

Jenny Moss

Lynn Ridley



It's already time to start thinking ahead to November and our AGM.

This year, several of our valued committee members will be stepping down as

their terms of office come to an end. Our committee is a friendly and

supportive team, dedicated to helping our u3a continue to grow and thrive.

We meet just once a month for a couple of hours, and we're always keen to welcome new members with fresh ideas and enthusiasm.

If you think you might be interested in getting involved, why not come along to a committee meeting and see what it's all about? There's absolutely no

obligation to join – it's simply an opportunity to meet the team and find out more.

To arrange a visit, please contact our Business Secretary, Linda Butterfield, at lindabut39@gmail.com.

Chair's Chat: October 2026

Well, here we are again — October already. Where did September go? Retirement definitely alters the laws of time!

The nights are drawing in, the leaves are falling and the weather has returned to its usual British setting of **“make your mind up”**. One minute we're wondering whether we need sun cream, and the next we're searching for the umbrella we swore we put somewhere safe last winter.

Meanwhile, Worksop & District u3a continues to demonstrate that retirement clearly isn't about slowing down. Quite the opposite! Our groups and activities continue at a remarkable pace, proving that we have plenty of enthusiasm, curiosity and energy — although finding the energy after lunch can sometimes be a different matter.

I would like to say a huge thank you to all our group leaders, committee members and volunteers. Without you, the u3a simply wouldn't happen.

You give your time, energy, patience and, occasionally, your sanity to make everything work. And believe me, as Chair, I know how valuable that is.

To our newer members, welcome. Don't worry if you don't know anybody yet. Just come along, introduce yourself and join in. Before long you'll know everyone's names. Unfortunately, you may then forget them.

Don't worry — just smile confidently and say, “Lovely to see you again.” It works remarkably well.

So, as the leaves fall, the evenings draw in and we all start pretending that we haven't turned the heating on yet, let's make the most of the autumn.

Get involved.

Try something new.

Meet someone you've never spoken to before.

Laugh a little.

Learn something.

If you've ever thought, *“I've always fancied having a go at that”*, now might be the time. Remember, nobody expects you to become an expert. That's the beauty of u3a — we're here to learn together, and occasionally to discover that we knew even less than we thought we did...

And, most importantly, **never underestimate the power of a well-timed cup of tea!**

As the year moves towards its final few months, I hope you'll continue to support our groups, attend our meetings and, most importantly, enjoy the friendship and good humour that make Worksop & District u3a such a great community.



So, enjoy October, embrace the autumn, and don't forget: if you can't find your glasses, check the top of your head first. Apparently, this is a recognised u3a survival technique.

I look forward to seeing you at our forthcoming events — assuming I remember where I left my diary....

With very best wishes,

Alison

Worksop & District u3a Speaker Programme 2026

October 15th

Steel Band Concert – Steelpantastic

A return visit from our favourite steel band with music to suit all tastes

November 19th

Ambucopter - East Midlands Air Ambulance Service

Over 1,724 missions, the crews transported patients to 26 different hospitals including Hull Royal Infirmary, Sheffield Northern General and Nottingham's Queen's Medical Centre.

Your OCTOBER Meeting
Thursday 15TH October
1.30 – 3.30
Carlton Civic Centre

STEELPANTASTIC LIVE IN CONCERT

Fresh from their recent resounding success at the u3a Festival 26 in York, Steelpantastic are delighted to be playing for their home audience.

This is a rare opportunity to hear, LIVE and on home territory, the u3a's one-and-only steel band, playing a lively selection of music and sounding as only a steel pan can sound. You do not want to miss this!



PLUS latest news
PLUS Refreshments
PLUS New friends
PLUS Raffle
PLUS Group tables
PLUS Committee table

GROUPS NEWS

To have YOUR Group featured in Groups News, just send in a short article, together with a photo if possible, to the Newsletter Editor by the end of the month.

It would be lovely to hear from more of our groups about what they get up to. It is good to share information here on the Newsletter, as members may not be aware of all the activities that are available in our u3a.

It is wonderful news to see our list of Interest Groups growing. We aim to provide something for everyone, and the more groups we have, the livelier and more proactive our u3a is.

STROLLERS

The first Strollers took place on the second Wednesday in September. Twelve walkers met at Welbeck Garden Centre and the weather was warm and sunny. We walked to Creswell Crags and around the lake and obviously called at the Crags cafe. We returned to the garden centre after our almost 3 mile walk. I think we all enjoyed the walk and are looking forward to the next one.

To put your name down for the group, or for further details,
Please contact:

cynthiaherrington@btinternet.com

The next meeting will be Wednesday 14th October

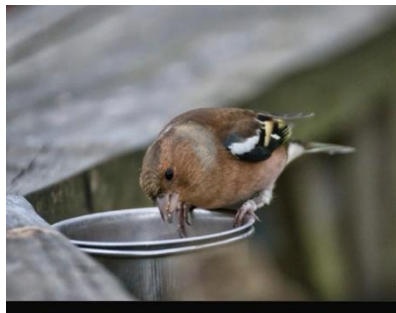
NATURAL HISTORY GROUP

The u3a Natural History group visited the Yorkshire Arboretum, which is next to Castle Howard, on 25 September. The Arboretum is 120 acres of parkland with 700 different types of trees from all over the world. Autumn time has stunning displays as the trees change their colours.

Well worth a visit on their own, but the real claim to fame at the Arboretum is the custom-built 2.300 sq m squirrel enclosure. The Arboretum is key to a rejuvenation programme for the native, endangered red squirrels. The squirrels can breed up to 4 times a year, with the young kits being transferred to nature reserves all over the country, to encourage more breeding. The red squirrels are safe in their enclosure, and the disease-bearing intruder grey squirrels can't get inside to harm the little native animals. Not so the birds, who also enjoy the perks given to the squirrels - plenty of food, and water bowls! During our visit, the squirrels came out to play, and what a joyful sight it was too. Running like the wind, up and down trees, literally 'flying' from one tree to another, chasing birds, and each other. What an honour and a treat it was. Humbling but SO uplifting!

Pictures courtesy of one of our group - thank you Paul Preston.

Lindsay Evans
Group Leader



STRICTLY SEATED AND CHAIR BACK EXERCISE GROUP

There are 3 sections to every

Session, starting with:

Head to Toe seated exercises

We then stand behind our chairs and hold onto the backs as we carry out leg exercises and routines

We end the session with cool-down seated routines.

All moves and routines can be adapted for those members who may be a little less mobile.

We look forward to meeting you all and - just like “Strictly” - you can “Judge” for yourselves!

Thank you from Jane & Jan



"Strictly Seated"

&

Chair Back Exercise Routines

Head to Toe Exercises

Low Impact & Helps Circulation

Chair Helps Aid Balance & Mobility

MONDAYS 11:30 - 12:30 £3

(Excluding Bank Holidays)

Thievesdale Community Centre

Workshop S81 OXS

Come Along & Have Fun!

Bring Flat Shoes And A Drink

Contact: Jane: 07857 302632

OR Jan: 07590 666863

The group has got off to a good start with the introduction of Seated & Standing Exercises to suit all. Come along and give it a try, we promise we won't judge!

* * * * *

STROLL-FIT

STROLL FIT We have a fantastic group of fun & friendly members who are such a pleasure to be with. Why don't you come and join in the fun as well.

u3a

STROLL-FIT

Active, Social & Fun!

EVERY FRIDAY

11 - 12

Carlton Civic Centre
Carlton In Lindrick
S81 9RE

Wear comfy flat shoes & bring a drink

It's a great way to get your steps in
with easy to follow routines set to
music from over the decades



For any further information contact
Jane 07857 302632 or Jan 07590 666863
Alternatively you can visit the u3a website
<https://worksop.u3asite.uk>

TRAVEL GROUP

IMPORTANT NOTICE: The trip to Harewood House is now fully booked.

SIMPLY SWING

2026 has been a busy time for Simply Swing so far with concerts from March through to June.

It all began in **March** with the band playing a concert in aid of Pancreatic Cancer in remembrance of our bass trombone player Dave Emblem, where we raised £316. A great evening was had by all.

April saw us playing in Grove Street Methodist, Retford and raising over £300 for the church funds.

In **May** we were proud to be invited to perform at the Niagara Conference and Leisure Centre in aid of MNDA where £1500 was raised. We were also joined by the Lah-Di-Dah's as the theme was 'A VE day celebration'. A lot of the audience were in 40s costume or uniform, and everyone thoroughly enjoyed the evening. We are hoping that this will become an annual event (not always 40s music!!)

At the beginning of **June**, we were invited to play for South Anston Methodist church to raise funds for the church renovations. It was a beautiful place to play in and the church was full.

This was followed by Simply Swing performing as part of the Retford Make Music Day. We were once again at Grove Street Methodist and some of the band made up the orchestra for the sing along including the 'Hallelujah Chorus'. Once again, it was lovely to see so many people in the audience. Photos are available on the Grove Street Methodist website/ Facebook page.

Our events for the rest of 2026 are as follows:-

Thursday 16th October – lunchtime concert at The Priory church, Worksop 12 pm – 1pm.

We are honoured to be asked to play at this beautiful church in Worksop as part of their lunchtime concert series.

Please come and support us at this prestigious event.

Friday 6th November – a fundraiser for the band and the Whitwell Community Centre from 7pm – 10pm. Tickets will be on sale from any Band member nearer the date.

Friday 13th November – an evening of music and poetry at Everton village Hall, Doncaster from 6.30 – 9.30pm. Again, tickets will be available from any band member nearer the date.

Details about any of the above events are available from me – Annette Barker on ajb_music@sky.com.

Thank you to all who have supported us in 2026 and, if you have been to see the band recently, we would love to hear your opinions of Simply Swing. Contact me on the above email address.

We would love to see many of you again at some of the above concerts.

Annette Barker

Co-ordinator for Simply Swing

Quirky Quizzers

St Joseph's Community Hall, Wingfield Avenue, S81 0SF

Wednesday 28th October

2.00 – 4.00

Take your seats for quiz fun and games

- Give your little grey cells their monthly workout
- Make new friends
- Enjoy tea/coffee and the 'good biscuits'
- Prizes for winning team

Teams of 4 formed on the day.



IT'S HALLOWEEN QUIZ TIME!
BE AFRAID...BE VERY
AFRAID...

EVERYBODY WELCOME

Table Top Games

Tuesday 1st September (and every first Tuesday)

Balmoral Centre (off Valley Road)

1.30 – 4.00

Table Top Games has a wide variety of board games available to choose from. Just turn up and have fun!

Contact janjoneeny@me.com for more information

Mexican Train

Card Games

Bananagrams

Risk

Logos

Sequence

Rumikub

5 Crowns

Cluedo

Backgammon

And many more...

**Sheffield u3a A Cappella
Singers**

and

**Retford u3a Recorder
Ensemble**

present a concert

In

St Mary the Virgin Chapel

CLUMBER PARK

on

Saturday 3rd October 2- 3 pm

ALL WELCOME

DATE FOR YOUR DIARY – GET YOUR TICKETS AT THE MONTHLY MEETINGS



u3a

Workshop & District

REINDEER DRIVE

(seasonal name for Beetle Drive)

The Civic Centre

Carlton in Lindrick S81 9AP

Friday 11th December 2-4pm

Entrance by ticket only

TICKETS £3.50

including refreshments

On sale at the monthly
meetings





*Using the time-honoured phrase, "Due to popular demand", we are providing tea and coffee during the Christmas event on Thursday 17th December. It would be lovely if we could have volunteers, groups of three serving for half an hour, over the two-hour period. If more than 12 people volunteer, then the half hour could reduce to 20 minutes! Please put your name on the list at the Monthly Meeting reception table, speak to a committee member, email or ring Claire.
cculpan@yahoo.co.uk, 0780 1921 438. Thank you.*

BRIGHT IDEAS

Internet security

Here's a tip passed on by member Janet.

You may find yourself frustrated by a request to give your telephone number when using the internet to search for something. It is marked with an *, and you MUST give your number in order to move on. If you don't want to give your number to the site, use this number: 0333 8888 8888.

The number has been developed by Essex Trading Standards. It recognises a number and allows you to move on.

0333 8888 8888



Members share their bright ideas if they think they have some information or tip which others may find useful. Send YOUR contribution in to the Newsletter.

NORTH NOTTS GROUP – LOCAL U3AS - INVITATIONS

Dukeries u3a

DUKERIES U3A SUPPER AND QUIZ NIGHT JUBILEE HALL

SATURDAY 28 NOVEMBER 2026 DOORS OPEN 5.15PM

CHICKEN AND VEGETABLE CASSEROLE, FRESH BREAD ROLL, TEA OR COFFEE, SERVED 6.00pm

(Vegetarian or gluten free option available)

TEAMS UP TO 6 PEOPLE (WE CAN PLACE YOU WITH OTHERS IF YOU ARE LESS THAN 6)

TICKETS £15 *

TO BOOK

STEP 1 TELEPHONE 07946 702296 or EMAIL slhu3a@gmail.com

When your ticket is confirmed,

STEP 2 Pay online THE DUKERIES THIRD AGE GROUP

Sort Code 30-54-66 Account 47824960 REFERENCE QUIZ26 and YOUR NAME

Bring £1 coins for charity games, your own drinks and a pen.

*Tickets non-refundable Over 18's only

Ashfield u3a



www.ashfieldu3a.org.uk

u3a

Ashfield

Charity number 1179797



Halloween Quiz Saturday 31st October

7 – 10pm (Doors open 6.30) £10

Pie and Pea Supper

Please bring your own drinks

Fancy Dress Optional



At the Ashwood Centre, Portland Street, Kirkby-in-Ashfield NG17 7AB.
Additional parking in the Health and Wellbeing Centre next to the Centre.

Contact for tickets is Sheila Staley 07773 080226

Payment, in advance:

Bank transfer to Ashfield University of the Third Age (Barclays business account)
20-55-62 53953076

PHOTO OF THE MONTH

Welcome to our Newsletter feature: Photo of the Month.

Many thanks to member Ron Parke for suggesting that he would like to share some of his amazing wildlife photos with other members.

A handsome heron eyeing up his dinner!



Don't forget to visit our website.

It has all the latest information about our u3a.

Want to find out about a group? When and where they meet? Want to ask a group leader a question? It's all available via the website.

We have information about our trips out, with links to the venues' own websites too.

You can find out how we operate and can contact the committee.

And now you can see what the Third Age Trust (the national u3a) has to offer as we have listed all their online events. Fancy Laughter Yoga, Exploring World Faiths, or Aviation History the range is enormous. Check it out.

You can find us at <https://worksop.u3asite.uk>

Or scan the QR Code



Follow us on Facebook

Why not follow your u3a on Facebook too. Search for us on Facebook or scan this QR code to go to our page.

Please Follow Us and Like our posts. This will help promote the u3a to a wider audience.



Data Protection – Use of Photographs

Our Data Protection policy includes a section concerning the use and publication of photographs.

Members should be informed that photographs may be taken during u3a events and given the chance to step out of the frame if they prefer.

Before any photographs are published, such as in the monthly Newsletter, verbal consent should be obtained.

If you do not wish to grant permission, please contact your Group Coordinator or the individual taking the photographs.

**Please send contributions for the
NOVEMBER 2026 Newsletter to:
sheilamassey123@btinternet.com
By 31ST October**